

HEALTH AND WELL-BEING PANEL

Fulbright Pre-Departure Orientation 2016

PHYSICAL HEALTH ABROAD

× Immunizations

- + Fulbright Commission
- + US Embassy
- + Center for Disease Control

× Exercise

- + Culture of Exercise
- + Facilities and Attire

× Environmental Factors

- + Climate and Air Quality

× Diet

- + Local Foods
- + Food Safety
 - × Allergies
 - × Restrictions
 - × Street Food

× Health Resources

- + US Embassy
- + Overseas Insurance Provider

MEDICAL HEALTH ABROAD

× Disclosure

- + Preparing for success

× Conditions and Medications

× Local Resources

- + Fulbright Commissions
- + US Embassy
- + RXList.com – online drug index
- + Overseas Insurance Provider

WELL-BEING ABROAD

✕ Community Abroad

- + Finding your tribe in the host culture

✕ Balance

- + Create a schedule to help with time management
- + Local/Ex-pat connections
- + Staying in touch with home
- + Finding an Outlet
 - ✕ Hobbies
 - ✕ Exercise

CONCLUSION

- ✗ Be prepared and do your research
- ✗ Don't forget to pack "you"
- ✗ Observe and Adapt
 - + How you define yourself may be within the US cultural perspective and this may be challenged abroad